



HINGHAM RECREATION WINTER 2009

REGISTRATION FORMS ARE AVAILABLE IN THE OFFICE AND @ WWW.HINGHAMREC.COM

RECREATION DEPARTMENT STAFF

Mark Thorell, Director
Amy Maree, Assistant Program Supervisor
Kathy Walsh, Recreation Assistant

RECREATION DEPARTMENT OFFICE

HOURS: Mon-Wed-Thu 8:30 AM – 4:30 PM
Tues - 8:30 AM - 7:00PM - Fri 8:30 AM – 1:00 PM
TELEPHONE: 781-741-1464
FACSIMILE: 781-740-0239

COMMISSIONERS

Frank Jones, Chair ~ Bob Keyes, Vice Chair ~ Scott Bosworth, Secretary ~ Bud Thorne ~ Tom Campbell

REGISTRATION INFORMATION

WALK IN BEGINS: Saturday, December 13, 2008 @ Recreation Center 8AM – 10AM
WALK IN CONTINUES: Monday, December 15, 2008 @ Recreation Center Office
MAIL IN BEGINS: Monday, December 15, 2008
NON-RESIDENTS: Wednesday, December 17, 2008 if space after all residents

All mailed in registrations will be processed in the order in which they were received
after walk-in registrations have been processed beginning on Monday December 15, 2008

PLEASE MAKE ALL CHECKS PAYABLE TO: Hingham Recreation

- **Registration deadline is 7 days prior to the scheduled start of a program.**
- Non-residents may register beginning Wednesday December 17, 2008. Non-resident registrations are processed on a space available basis after all residents are registered
- If you cannot make it during registration, a neighbor, friend or family member may register for you. You may register no more than 2 families including your own.
- All children must meet age/grade requirements before the start of the program.
- Registrations are processed upon receipt of a completed registration form and payment.
- Check(s) / Money Orders / Cash / are required for payment.
- All registrations will be accepted on a first come, first registered basis.
- Registrations will continue until programs are filled.
- The Recreation Department reserves the right to consolidate, postpone, or cancel a program/trip for any reasonable cause. We otherwise have a **NO REFUND** policy.
- **NO CONFIRMATIONS ARE SENT** - Please note all information on your calendar.
- You may call the Office to confirm your mail-in or drop-off registration(s).
- Proper behavior in Recreation Department programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation Department programs.
- The Town of Hingham does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all programs and events shall be at the registrant's own risk.

**ALL PROGRAMS WILL BE HELD AT THE RECREATION CENTER
AND BEGIN THE WEEK OF JANUARY 5, 2009 UNLESS OTHERWISE NOTED**

DON'T LET A GOOD PROGRAM DIE

Nothing kills a good program quicker than waiting until the last minute to register.

Any program under-enrolled one-week prior to the start date will be cancelled.

Calls & registrations after the deadline cannot reactivate a cancelled program.

Please register early!

Town of Hingham
Recreation Commission
210 Central Street
Hingham, MA 02043

NONPROFIT ORG.
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**RESIDENTIAL CUSTOMER
HINGHAM, MA 02043**

Hingham Public Schools
Hingham, MA 02043

YOUTH SPORTS & FITNESS PROGRAMS

GYMNASTICS: For any child, gymnastics is a great foundation no matter what sport is in their future. Gymnastics is a sport of flexibility, strength, coordination and grace; one that builds confidence, positive self-esteem and enhances creativity and self-discipline. It is a sport that a child can begin as soon as they can walk and continue through life. This is an 8-week program.

Instructor: Patti Miller Thursdays Start Date: January 8, 2009 **FEE: \$80**
Eligibility: Ages 2.5 years – 12 See class schedule @ www.hinghamrec.com

CHEERLEADING: Learn basic skills – warm-up, stretches, running, jumps, cheers, chants and routines. Learn, practice and improve all aspects of cheerleading in this 8-week program.

Coordinator: Rec Dept Staff Start Date: January 13, 2009 **FEE: \$40**
Eligibility: Grades 1 – 3 Tuesdays 3:45 – 4:30 PM

GIRLS WINTER INDOOR LACROSSE: This 6-week program is held at the Hingham Recreation Center. Required equipment includes a girls lax stick, goggles, and mouth guard.

Coordinator: Jen Manning Start Date: January 13, 2009 **FEE: \$40**
Eligibility: Grades 3 – 4 Tuesdays 4:45-5:30

INDOOR SOCCER: Rec Staff will supervise, coach and referee co-ed indoor soccer games in the gymnasium for 8 weeks throughout the cold winter months. **FEE: \$40**

Coordinator: Rec Department Staff Start Date: January 12, 2009
Eligibility: Grades 1 – 3 Mondays 4:45–5:30 PM

REC HOOPS: Children play organized games in a fun and safe environment for 8 weeks. Age appropriate equipment and adjustable height hoops will be utilized in this co-ed program.

Coordinator: Rec Department Staff Start Date: January 9, 2009 **FEE: \$40**
Eligibility: Grades 1 – 3 Fridays 3:45 – 4:30 PM or 4:45 – 5:30 PM

ADAPTED PHYSICAL EDUCATION (APE): This six week class is designed for children with moderate special needs. The class will incorporate all the aspects of a typical sports class with modifications designed to meet the individual needs of all participants.

Coordinator: Tory Dolan Start Date: January 12, 2009 **FEE: \$48**
Eligibility: Ages 7-10 Monday 3:45 – 4:30 PM

ALL STAR SPORTS: Come for some winter fun! Activities will include ultimate frisbee, flag football, kickball, soccer, basketball and more! This is a 6-week program.

Coordinators: Rec Department Staff Start Date: January 14, 2009 **FEE: \$30**
Eligibility: Grades 1 & 2 Wednesday 3:45 – 4:30 PM

INDOOR WHIFFLE BALL: Come and join your classmates and play this exciting recreational sport! This is a great opportunity to hone your baseball skills in a less competitive environment. Children will learn to throw curve balls, run bases and swing a wiffle ball bat in this 6-week program.

Coordinator: Rec Department Staff Start Date: January 14, 2009 **FEE: \$30**
Eligibility: Grades 6 - 8 Wednesday 4:45 – 5:30 PM

SPECIALTY PROGRAMS & EVENTS

SLIPPERY SCIENCE: Goop, gak and slime!! Three words sure to put a smile on any child's face. This Mad Science® of Greater Boston workshop introduces children to the world of polymers through hands-on fun, discussion and demonstrations.

Coordinator: Mad science of Greater Boston Date: February 4, 2009 **FEE: \$20**
Eligibility: Ages 3-5 Wednesday 1:00-1:45

STUNT PLANES & GLIDERS: This Mad Science® of Greater Boston workshop will fly the children through the basics of flight and aerodynamics before making practical use of this knowledge when students build their own stunt planes and gliders, including a mind-boggling football plane and awesome loop-flying stunt plane.

Coordinator: Mad Science of Greater Boston Date: February 4, 2009 **FEE: \$20**
Eligibility: Ages 6-9 Wednesday 2:00-3:00

MAGNETIC ATTRACTION: Experience the pull of magnetism! Ever been an atom in a magnet? Find out exactly what magnets like to "hang" out with in this Mad Science® of Greater Boston workshop. Visit the North and South poles and frolic in invisible fields.

Coordinator: Mad Science of Greater Boston Date: March 4, 2009 **FEE: \$20**
Eligibility: Ages 3-5 Wednesday 1:00-1:45

INVENTION-ATION: This Mad Science® of Greater Boston workshop introduces children to how inventors work, and they will learn about some famous inventions. Through a hands-on approach, including group brainstorming and an invention activity, the participants will learn that anyone, of any age, can be an inventor.

FEE: \$20

Coordinator: Mad Science of Greater Boston
Eligibility: Ages 6-9

Date: March 4, 2009
Wednesday 2:00-3:00

CAPTURE THE FLAG: This strategic child friendly game is a summer recreation program favorite. Join your classmates for this fun and exciting early release day activity.

Coordinator: Rec Staff Date: March 4, 2009

Eligibility: Grades 4 & 5 Wednesday 2:00 – 3:00 PM

FEE: \$5

ELEMENTARY ENGINEERING: Children use Lego Technic materials to build simple and complex machines as they learn about structures and forces, levers, wheels and axels, gears, gear math, ratchets and drive trains. Using teamwork and a series of challenges, groups will work together to create motorized systems, pulleys, blocks, and tackle, steering systems, manual transmission, differential gears and more advanced challenges in this 6-week program.

Coordinator: Computer Explorers Start Date: January 28, 2009

FEE: \$90

Eligibility: Ages 9 – 11 Wednesday 5:00 - 5:45 PM

CLAYMATION 2: Clay & animation – a perfect combination! Working in teams, children do it all – from brainstorming movie ideas, storyboard the details of their movie, make the clay characters and create the backdrop. Children learn the production process using techniques of stop-motion video, animate, record, add special effects, download and edit their own movie in this 6-week program.

Coordinator: Computer Explorers Start Date: January 28, 2009

FEE: \$90

Eligibility: Ages 6 – 8 Wednesday 4:00 – 4:45 PM

BABYSITTING TRAINING COURSE: Participants will learn about babysitter basics, child development, nutrition, basic first aid and the responsibilities of a babysitter. The 3-hour course includes a safety session. A certificate of completion will be awarded.

Instructor: Saheeda Kelly, RN Date: February 8, 2009

FEE: \$30

Eligibility: Ages 10 & up Sunday 12:00 – 3:00 PM

ADVENTURE IN SPACE – ROCKET LAUNCH: An exciting program for future space explorers. Build and launch your own individual and reusable rocket! Rockets will fly as high as 1,000 feet – or more! Parents and siblings are invited to the launch at 4:00 PM.

Coordinator: Dave Hession Start Date: February 4, 2009

FEE: \$30

Eligibility: Grades K – 5 2:00 – 5:00 PM

WINTER TIME EXPLORATIONS: Through a number of projects, science experiments and more, children will be able to learn about the wonderful season of winter.

FEE: \$75

Instructors: One Creative Place Start Date: January 16, 2008

Eligibility: Ages 6 – 10 Fridays 3:45 – 4:45 PM

SKI & SNOWBOARD LESSONS: Ages 7–14 @ Blue Hills Ski Area in Milton. Call for details.

SKI & SNOWBOARD CLUB: Eligibility: grades 6 – 12 The fee is per ski trip. **FEE: \$75**

12/29/08:Cranmore - 1/24/09:Waterville - 2/18/09:Shawnee – 3/14/09:Wildcat

EAST STREET SKATING HOUSE: Bring your skates, hockey sticks, and pucks to the Hingham Recreation's Skating House located on East Street. The skating house is a wonderful opportunity for families and friends to have some winter fun. Check hinghamrec.com for the details.

FEE: FREE

TEEN PROGRAMS

HHS PHYSICAL EDUCATION REQUIREMENT - FITNESS PROGRAM: All HHS juniors and seniors may fulfill the physical education requirement at the Hingham Striders Fitness Center operated by the Recreation Department. Students must be a resident of Hingham and a member of the Fitness Center.

FEE: FREE

TEEN YOGA: A lively six week class with upbeat music combining physical challenge, stress relief, relaxation and fun! This class is an inspiring way to cultivate confidence, improve focus and create a positive body image.

Start Date: January 26, 2009

FEE: \$48

Instructor: Darnell Nestor

Mondays 5:15 – 6:00 PM

PRESCHOOL PROGRAMS

BUMPER BOWLING: Children enjoy bowling with confidence during this 6-week program held at the South Shore Country Club. Lane bumpers eliminate gutter balls! An adult must accompany children.

Coordinator: Rec Dept Staff Start Date: January 16, 2009 **FEE: \$ 35**
Eligibility: Ages 3 – 5 Friday 9:30 – 10:15 AM

PLAY SOCCER: These 6-week action packed soccer sessions will teach players the basics of soccer through a series of fun games. Wear shin guards and bring a soccer ball and drink.

Coordinators: Play Soccer Coaches Start Date: January 12 or 13, 2009 **FEE: \$60**
Soccer Tots: Ages 2 & 3 w/ a parent Monday or Tuesday 12:30 – 1:30 PM
Soccer Time: Ages 4 & 5 Monday or Tuesday 1:30 – 2:30 PM

SPORTS FUNDAMENTALS: Children learn the skills to participate in team sports including locomotion skills, hand-eye coordination, striking skills, and rhythmic skills for 6 weeks.

Coordinator: Jen Manning Start Date: January 14, 2009 **FEE: \$75**
Eligibility: Ages 4 – 6 Wednesday 9:30 AM–11 or Wednesday 1:30–3 PM

MINI SPORTS: Come have a ball with Hingham Recreation! This fun program will include soccer, basketball, and other unique games for 6 weeks. Emphasis will be on some basic skill building, developing hand-eye coordination, teamwork, and FUN!

Coordinator: Rec Dept Staff Start Date: January 16, 2009 **FEE: \$40**
Eligibility: Ages 4 & 5 Friday 1:30 – 2:20 PM

UNDER THE MICROSCOPE: Children use a child-friendly digital microscope and explore the concepts of magnification, science, nature study and digital editing for 6-weeks. Class size is only 3 students per class for increased hands-on experience and personal attention.

Coordinator: Computer Explorers Start Date: January 29, 2009 **FEE: \$90**
Eligibility: Ages 4 & 5 Thursdays 1:00 – 1:45 PM

BASICS TO BUILDING: Building is a great way to enter the world of engineering! Exploring simple machines introduces the basic concepts of physical science and engineering at an age when students learn through exploration and have FUN! Class size is 3 students for 6 weeks.

Coordinator: Computer Explorers Start Date: January 29, 2009 **FEE: \$90**
Eligibility: Ages 4 & 5 Thursdays 2:00 – 2:45 PM

DRAMA TYKES: Children enhance their creativity, build vocabulary and communication skills through a series of fun and interactive “adventures”. Songs, poems, dramatic movement and improvisational play teaches cooperation in this 6-week program.

Instructors: One Creative Place Start Date: January 16, 2009 **FEE: \$75**
Eligibility: Ages 3 – 5 Fridays 12:30 – 1:30 PM

TINY TOTS PAINTING: In this child friendly painting class, children ages 4-6 will learn to explore their creative nature. Fun, cooperation, and creativity are emphasized during this six week class.

Coordinator: Rec Dept Staff Start date: January 13, 2009 **FEE: \$60**
Eligibility: Ages 4-6 Tuesdays 1:45-2:30

CREATIVE PLAY: Children ages 4-6 will participate in arts & crafts, team building activities, games, and sports. This fun filled six week program is guaranteed to leave a smile on your child's face. Creative play is a great way to meet new friends while exploring creative art activities and participating in organized games.

Coordinator: Rec Dept Staff Start Date: January 12, 2009 **FEE: \$75**
Eligibility: Ages 4-6 Mondays 1:15-2:45

MUSICAL MAGIC: Each week will include music, stories and the makings of a new instrument for the children to add to their “Musical Kit” that is all created and made by their own hands.

Coordinator: One Creative Place Start Date: January 16, 2009 **FEE: \$80**
Eligibility: Ages 3-5 Fridays 2:45-3:45 6 Weeks

PLANES, TRAINS and AUTOMOBILES: What makes things go? By using stories, music, movement and art, we will explore all types of vehicles and ways to make things go.

Coordinator: One Creative Place Start Date: January 13, 2009 **FEE: \$80**
Eligibility: Ages 3-5 Tuesdays 12:30-1:30 6 week

CHILDCARE is available for fitness room members and program participants on school days Mon & Fri. 9:00AM – 12 Noon and Tue. – Thur. 8:30AM – 11:30AM Parents must remain on site. The fee is \$4 per child per hour payable by tickets.

HINGHAM STRIDERS FITNESS ROOM

Fitness Room Membership Rates

Yearly - \$125 6 Months - \$85 College - \$75

Fitness Room Hours

Monday-Thursday 6:30 AM-9:30 PM - Friday 6:30 AM-8 PM - Saturday & Sunday 8 AM-6 PM

ADULT FITNESS PROGRAMS

Spinning ~ Body Sculpting ~ Yoga ~ Cardio Pump ~ Spin Plus ~ Spin n' Sculpt ~ 20/20/20

VIEW CLASS SCHEDULES @ WWW.HINGHAMREC.COM

Tickets are the method of payment for all Adult Fitness Program Drop-ins. Tickets are available in any quantity in the Rec Office & Fitness Room. The cost per ticket is \$8.

MAD DOG SPINNING: Join the current 10 week session! Pre-registration reserves a bike for the specific class. Drop-ins are permitted if bikes are available. **FEE: \$70**

Instructor: Varies by class time – see schedule of classes @ www.hinghamrec.com

HATHA YOGA: An eclectic class including kripalu, ashtanga, iyengar and vinasa techniques. Perform series of "asanas" and relaxing techniques. **FEE: \$8**

Instructor: Phyllis Cox Monday 9:15 AM Thursday 9:45 AM

Instructor: Darnell Nestor Monday 6:15PM Wednesday 10 AM Saturday 9:00AM

CARDIO PUMP: Get the benefits of a full body cardio workout combined with upper and lower body weight training session. Bring 3-5 LB hand weights. **FEE: \$8**

Instructor: Barbie Collins Thursday 6:00 PM - Tuesday 9:30 AM - Friday 9:30 AM

20/20/20: This hour class combines heavy and light weights, cardio intervals and core work to push your body to its maximum potential. This challenging class changes from week to week, never letting your body get too comfortable. Prepare to work hard! **FEE: \$8**

Instructor: Tory Dolan Monday 9:30 AM

SPIN N' SCULPT: This 3 part class incorporates muscle strengthening with aerobic activity. 25 minutes of spinning, 25 minutes of weight lifting, and 10 minutes of abs and stretching.

Instructor: Tory Dolan Saturdays 9:45 AM **FEE: \$8**

BODY SCULPTING: This class incorporates muscle strengthening with aerobic activity.

Alternate short & fast bursts of intensive exercise with slow and easy activities.

Instructor: Tory Dolan Sunday 9:45 AM **FEE: \$8**

ADULT PROGRAMS

INDOOR TENNIS: This 7-week program is indoors and under the direction of the Weymouth Tennis Club Professionals. This is a recreational program designed to introduce entry and beginner level adults to the sport of tennis. Players should bring their own racket and one can of unopened balls to the first class. The program will be held at the Weymouth Club.

Start Date: January 7, 2009

FEE: \$175

Instructor: Weymouth Club Wednesdays 9:00 – 10:30 AM

HARBOR HOOPS: Did you think that you were too old to play basketball? THINK AGAIN!

Anyone 55 years and over is eligible to participate in Senior Basketball. Have some fun, stay in shape and enjoy the game of basketball in this 10-week program. Start Date: January 9, 2009.

Coordinator: Recreation Staff Friday 11:00 – 1:00 PM **FEE: \$50**

RETIREMENT PLANNING TODAY: This course shows you how to assess your financial situation and develop a personalized plan to achieve your retirement goals. You will discover how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses. This is a 2 class seminar. **FEE: \$49**

Instructor: Bill Kelley CPA Tuesdays January 27, 2009 & February 3, 2009 6:00PM-9:00 PM

AMERICAN RED CROSS CPR: This course is designed for the responder who requires a credential card documenting successful CPR course completion. The certification program covers adult, child and infant Cardio Pulmonary Resuscitation. **FEE: \$40**

Instructor: Amy Maree February 9 & 10, 2009 6:00 – 8:30 PM
Eligibility: Ages 13 & up March 2 & 3, 2009 6:00 – 8:30 PM

AMERICAN RED CROSS FIRST AID: Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. **FEE: \$40**

Instructor: Amy Maree February 23 & 24, 2009 6:00 – 8:30 PM
Eligibility: Ages 13 & up

HOLIDAY HAPPENINGS & SPECIAL EVENTS

CHRISTMAS IN THE SQUARE: Come join the Recreation Department celebration on Saturday December 6, 2008. A variety of holiday related activities will be offered for the children and families. Funded by the 50th Annual Hingham July 4th Road Race. **FEE: Free**

HMS HOLIDAY SHOPPING: Children in Grades 6 – 8 travel to the Emerald Square Mall in Attleboro on Wednesday December 3, 2008. Deluxe motor coach departs from the Recreation Center at 1PM and returns at approximately 6:30 PM **FEE: \$30**

NEW YORK CITY DAY TRIP: The Big Apple! Deluxe motorcoach departs from the Rec Center on Saturday December 13, 2008 at 6AM and returns at approximately 10:30 PM. Shop, sightsee or visit museums. Disembark at either Macy's or Rockefeller Center. **FEE: \$59**

BOSTON POPS HOLIDAY SHOW: Join us for a dazzling, engaging performance by "America's Orchestra" and relish the elegance of historic Symphony Hall on Friday December 12, 2008. You will also enjoy a sightseeing tour around Boston Common to view the Holiday Lights and Displays after the show. A visit to Copley Plaza and the Prudential Shops is included prior to arrival at Symphony Hall. Deluxe luxury coach departs the Rec Center at noon and returns at approximately 11PM. **FEE: \$75**

PARENTS DAY OUT: Parents enjoy an evening of "private" holiday shopping while children 6 – 12 years of age are kept busy with a variety of holiday activities and games. The program will run on Saturday December 13, 2008 from 4 – 9PM at the Rec Center. Pizza, snacks and beverages will be served. Participation is limited to Hingham residents only. **FEE: \$20**

EGG HUNT: *BYOB – Bring Your Own Basket!* Children 3 – 6 years of age are invited to the Cronin Field Playground on Saturday April 4, 2009 at 10 AM for the Recreation Department's Annual Egg Hunt. Expect fun and a surprise visitor! Hingham residents only. **FEE: Free**

CANINE COLLEGE

Obedience classes are open to puppies at least 12 weeks old who are seeking a beginners level understanding of all obedience commands, walking on a leash and for help with problems like jumping, mouthing and chewing. All other classes are considered Level 2 classes. The dog should understand basic concepts such as sit, stay, come and down. All classes run for 5-week sessions. Schedule - www.hinghamrec.com **FEE: \$120**

RECREATION CENTER

OPEN RECREATION: See schedule @ www.hinghamrec.com **FEE: Free**

FACILITIES

FACILITY USE PERMITS: www.hinghamrec.com & at Recreation Department

BIRTHDAY PARTIES: Call Recreation Department for times **FEE: \$100**

GYMNASIUM RENTAL: Call Recreation Department for times **FEE: \$25/hr**

PLANNING AHEAD . . . SUMMER 2009

SUMMER EMPLOYMENT

Applications deadline is February 15, 2009 (must be 16)

SUMMER PLAYGROUND PROGRAM LOTTERY

Application Deadline January 31, 2009

See complete lottery details at www.hinghamrec.com